



gymsports

LEARN TO GYM

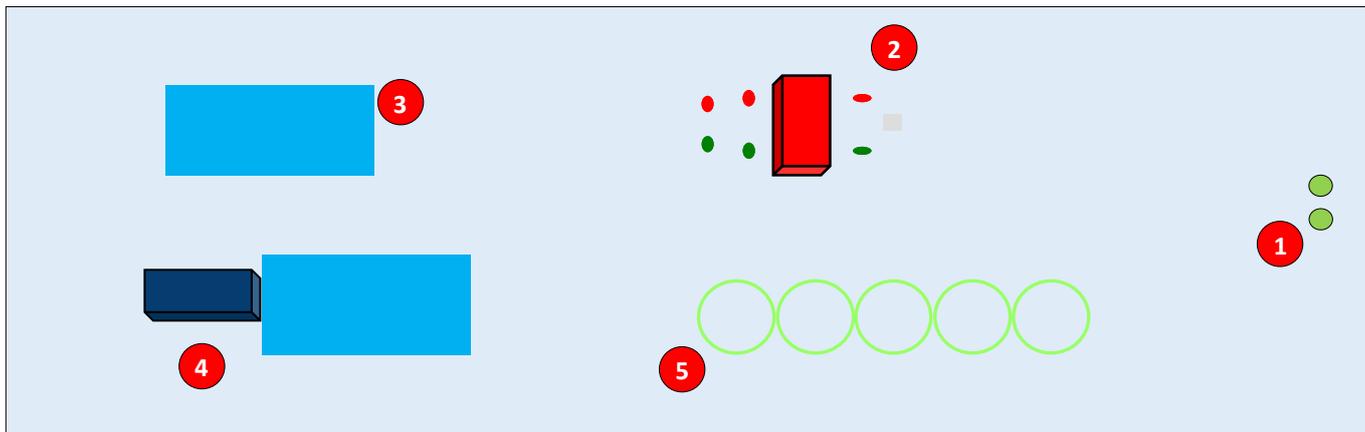
Fungym

Lesson Plan

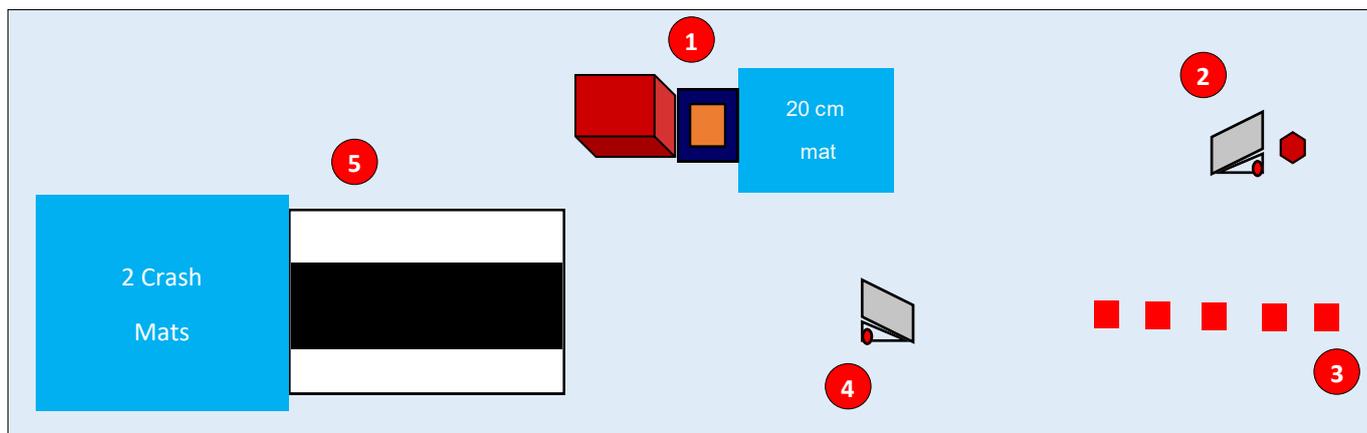
Huon Valley

Week 3 and 4

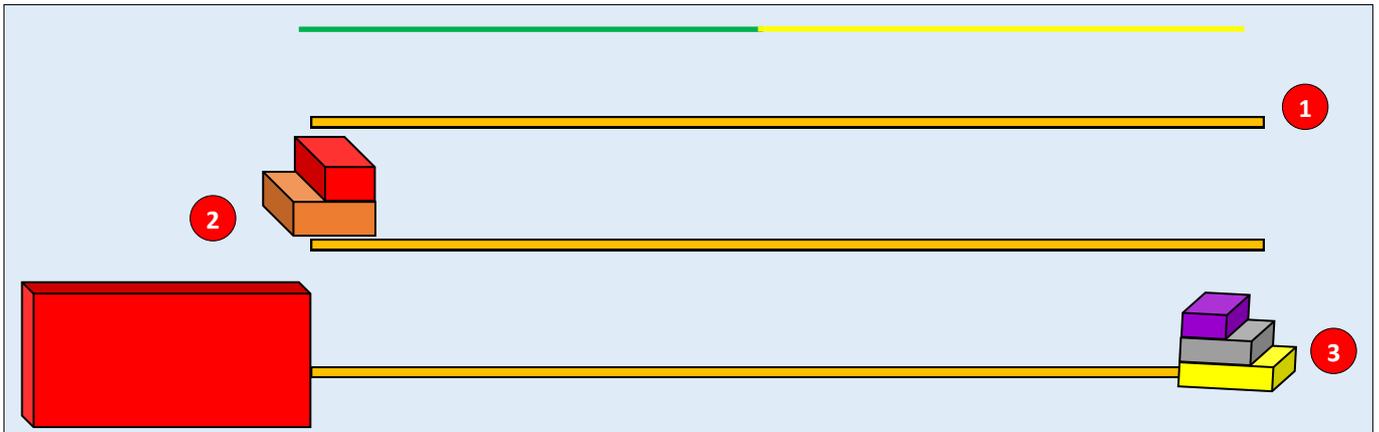
<p>Introduction</p>	<p>Ask all children to make their way down to the mats Introduce coaches and trainee coaches Explain and demonstrate the following shapes Tuck Star Rocket Soldier Motorbike Introduce Front Support Shape (week 3) Introduce Back Support Shape (week 4) – Fingers pointing towards toes Have the children try making these shapes</p>
<p>Tips</p>	<p>You can try saying the shapes and look for the strongest or fastest shape. Other coaches also need to be on the lookout for children arriving late and assist them to join in</p>
<p>Joint Mobilisation</p>	<p><u>Copy Cat</u></p> <p>The children have to copy everything you do like a mirror image Slowly perform the following activities</p> <ul style="list-style-type: none"> * Head up, down * Head side to side * Star shape, circles with hands * Circles at elbows * Circles with arms * Star shape twist to each side * Lean over to each side, one hand to knees other hand to roof * Circles with hips * Bend and straighten knees * Point and flex toes * Sit in tuck shape
<p>Tips</p>	<p>Activities need to be performed slowly If children are losing attention add in a clap or something silly (scratch your head, yawn, cough) There is no need to perform passive stretching (e.g. touching toes) at this level Tell the children you're looking for the person trying the hardest to copy you. Acknowledge several children at the end who were trying hard</p>



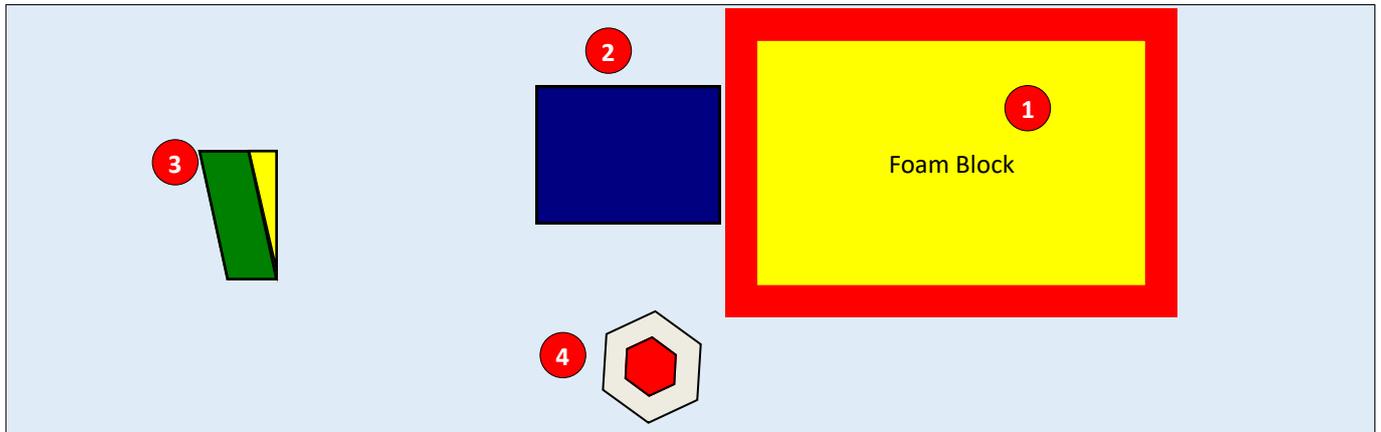
1.	<ul style="list-style-type: none"> a. Walk feet up the wall, hold for 3 seconds, walk back down b. Walk feet up wall, straight arms and legs, look at toes, hold for 5 seconds c. Walk feet up wall, look at toes and march hands 5 times
Extension	<ul style="list-style-type: none"> a. Walk feet up wall, look at toes and march on hands 5 times b. Walk feet up wall, look at toes and march on hands 5 times, touching head each march c. Walk feet up wall, look at toes and march on hands 5 times, touching hip each march
Tips	<p>Walk hands to the yellow line Arms should be straight Ensure gymnasts walk feet back down the wall and don't collapse</p>
2.	<ul style="list-style-type: none"> a. Bunny hop over foam shape finish in star shape on feet markers b. From presentation, rocket, mini cartwheel over foam shape using hand and feet markers finish in star shape c. From presentation, rocket, cartwheel using hands and feet shape
Tips	<p>Wait until the person in front is finished prior to starting Should be done with straight arms</p>
3.	<ul style="list-style-type: none"> a. 3 tuck rocks with bean bag under chin b. Forward roll to tuck shape with bean bag under chin c. Forward roll to stand with bean bag under chin
Tips	<p>Place back of neck on ground not top of the head</p>
4.	<ul style="list-style-type: none"> a. From kneeling on 30cm box, walk hands out in front support as far as you can go b. From kneeling on 30cm box, slide down and place hands on mat, tuck head under to perform a forward roll to finish in tuck shape c. As per b) with bean bag between feet
Tips	<p>Ask gymnast to place their nose near the box as they roll Gymnast need to slide feet off the box</p>
5.	<ul style="list-style-type: none"> a. Bunny hops through the hoops b. Bunny hops through the hoops with bean bag between feet c. Bunny hops through the hoops with bean bag between feet and knees
Tips	<p>After their turn they need to give the bean bag back to the next person Reach hands into the hoop first then jump feet, some gymnasts will want to jump hands and feet together</p>



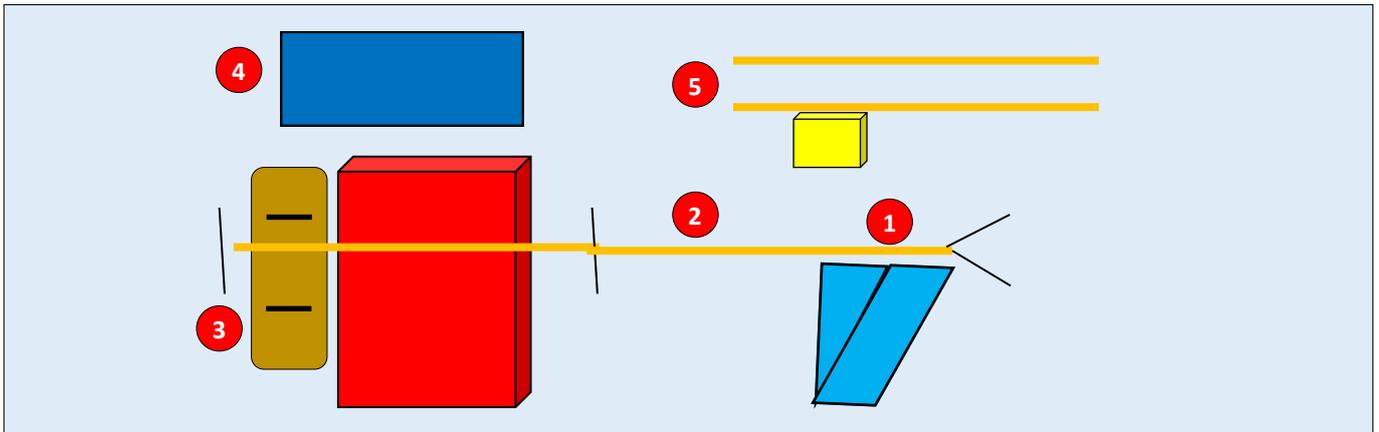
1.	<ul style="list-style-type: none"> a. Jump from trampoline to land in motorbike shape on mat b. Jump from box 1 bounce to land in motorbike shape on mat c. Jump from box 1 bounce, star jump to land in motorbike shape on mat
Tips	Ask the gymnasts to imagine the mini tramp is a hot frying pan, they have to get off as fast as they can
2.	<ul style="list-style-type: none"> a. Run and jump to land in Superman take off shape on feet markers on spring board b. Run and jump to land in Superman take off shape on feet markers on spring board, stop then jump off to land in motorbike shape on stop sign c. Run and jump to land in Superman take off shape on feet markers on spring board, immediate jump off to land in motorbike shape on stop sign
Tips	Ask gymnasts to land 2 feet together on the board Wait at the yellow line until the person in front has finished that activity
3.	<ul style="list-style-type: none"> a. Jumping over foam blocks b. Jumping over foam blocks with foam between feet c. Tuck Jumps over foam blocks with foam between feet
Tips	Try to only do one jump between each foam block
4.	<ul style="list-style-type: none"> a. On spring board, 3 rocket jumps with foam between feet b. On spring board, 3 rocket jumps with foam between feet and foam above head c. On spring board, 3 rocket jumps with foam between feet and foam above head then rocket jump off to motorbike
Tips	Place the foam on the board after your go Ask who can have the straightest legs and tightest toes when jumping
5.	<ul style="list-style-type: none"> a. Jump onto 60cm high mats, motorbike landing, forward roll b. Standing on double mini tramp with hands on mats, 3 bounce, forward roll c. Standing on double mini tramp, 3 bounce, forward roll onto mats
Extension	<ul style="list-style-type: none"> a. Forward roll with straight arms to finish lying on back b. Forward roll with straight arms and legs to finish lying on back c. Bounce to handstand flat back onto wedge
Tips	Must wait for gymnasts in front to get off the crash mat before you get on the double mini tramp This activity need coaches assistance



1.	<ul style="list-style-type: none"> a. Walking forward holding hoop b. Walking forward rolling hoop in front c. Walking backwards rolling hoop
Extension	<ul style="list-style-type: none"> a. Walk sideways rocking hoop on hand b. Step through hoop lift over head (like skipping) c. Jump through hoop lift over head Can stop between each go
Tips	<p>Wait until the person in front is half way along the beam before starting Hold motorbike landing on stop sign count to 3 at end of each beam</p>
2.	<ul style="list-style-type: none"> a. Walking sideways with marker cone on head b. Walking sideways on toes with marker cone on head c. Grapevine sideways with marker cone on head
3.	<ul style="list-style-type: none"> a. Walking sideways with marker cone on head b. Walking sideways on toes with marker cone on head c. Grapevine sideways with marker cone on head
4.	<ul style="list-style-type: none"> a. Gymnasts make their way back to beam 1 by following the shapes and balance along the floor velcro strips.



1.	<ul style="list-style-type: none"> a. 5 bounces in star shape (can stay in star shape the whole time) b. 5 star jumps c. 5 star jumps with straight arms and legs
Tips	<p>Show gymnasts picture of star shape and ask them to show that shape on the tramp</p> <p>One person at a time on the trampoline, must wait to the person is off before you get on</p> <p>Only do activities that instructors ask you to do on trampoline</p>
2.	<ul style="list-style-type: none"> a. Jump forwards to land in motorbike with foam between feet b. Jump backwards to land in motorbike with foam between feet c. Tuck jump to touch knees with hands, land in motorbike with foam between feet
Tips	<p>I'm looking for the biggest jump off the trampoline</p> <p>Must land feet first, not allowed to land on stomach or head</p> <p>Wait until the person in front is off the mat</p>
3.	<ul style="list-style-type: none"> a. Log roll down wedge b. Egg roll down wedge c. Forward roll down wedge
4.	<ul style="list-style-type: none"> a. Jump half turn to stick without touching the side of the cylinder b. Jump full turn to stick without touching the side of the cylinder

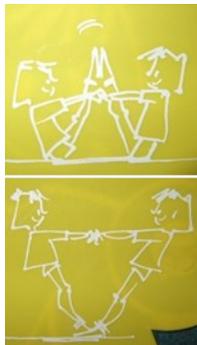


1.	<ul style="list-style-type: none"> a. From hang on bar, walk feet to the top of the box b. From hang on bar, walk feet to the top of the box, kick to get stomach on bar c. From hang, lift chin to bar, walk feet to the top of the box, kick over the bar to support
2.	<ul style="list-style-type: none"> a. From hang on low bar, lift feet onto bar and count to 3 b. From hang on low bar, lift feet onto the bar and though to basket hang, count to 3 c. From hang on low bar, lift feet onto bar, through basket hang to place feet on ground
Extension	<ul style="list-style-type: none"> a. Backward roll through basket hang to touch the ground, forward roll back to stand b. As per above without feet touching the bar c. As per above to finish in L-hang
Tips	<p>This activity needs to be spotted Raise the ground so the bar is at their chest height</p>
3.	<ul style="list-style-type: none"> a. 3 small swings to land on stop sign b. 3 small swings with straight legs to land on stop sign c. 3 swings with re-grip and straight legs to land on stop sign
4.	<ul style="list-style-type: none"> a. From tuck, rock to candle stick with bean bag between feet b. From L-sit rock to candle stick with bean bag between feet c. From L - sit rock to candle stick with bean bag return to stand
5.	<ul style="list-style-type: none"> a. Front support on bar hold and count to 3 b. Front support on bars, swing legs back and forward (mini casts) x 3 c. As above with bean bag between feet
Tips	<p>Place bean bags back after each go Show strong front support shape</p>

Partner Balances

Do this activity with hands on the ground behind them first
 When doing this activity start holding hand and lift 1 leg at a time
 Try doing this balance with leg in a straddled V –sit position

Start doing this activity with feet 20cm away from partners feet
 As they get better try doing it with feet closer together



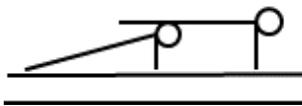
One gymnast makes angry cat with partner to make a front support placing feet on their partners shoulders

One gymnast makes angry cat with partner to make a back support placing feet on their partners shoulders

One gymnast makes front support with partner to make a front support placing hands on their partners feet

One gymnast makes front support with partner to make a front support placing feet on their partners shoulders

Partner balance races



1 partner makes a star shape. When instructor says go the other partner needs to crawl under them x 10, then swap over and repeat. When finished sit in tuck shape.

1 partner makes a front support shape. When instructor says go the other partner needs to crawl under them x 10, then swap over and repeat. When finished sit in tuck shape.